

ATTENTION MAIL ROOM!!!

The First Amendment to the U.S. Constitution protects free speech.

Regulations that permit the government or its employees to discriminate on the basis of the content of the message cannot be tolerated under the First Amendment (i).

Further, prisoners retain free speech rights. Thought control, by means of prohibiting beliefs, would not only be undesirable but impossible (ii). Fact of confinement and needs of the penal institution impose rational limitations on prisoner free speech rights (iii), but those restrictions must have a “valid, rational connection” to “legitimate penological interests” not related to the content of ideas (iv). Regulations and practices can only be justified when the practice “furthers an important or substantial government interest unrelated to the suppression of expression” (v).

This means you cannot legally suppress the expression of ideas. Prison walls do not serve to form a barrier separating prisoners from the protections of the constitution (vi). Core political speech is most-zealously guarded and there is a public interest “in having free and unhindered debate on matters of public importance--the core value of the Free Speech Clause of the First Amendment” (vii).

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PO BOX 414304
KANSAS CITY, MO 64141

Thus, exclusion of printed material on the basis of its political perspective amounts to free speech retaliation and discrimination, which is illegal (viii).

If you exclude printed material for an unlawful basis, or if you simply conjure up a false pretext for its exclusion, you have broken the law. The prisoner recipient of this mail has cause for bringing a civil rights action against you and has cause for gaining punitive damages--which means money. You and everyone who permits this action, from your supervisor to the director of the prison system, may be named in those civil actions, and you may also be subject to termination from your employment. Because this primer is included in this mailing, you will not be able to claim you did not know your actions were illegal.

For these reasons, we ask that you conform to federal law and refrain from unlawful discrimination against the enclosed materials, permitting mail service of this literature that objectively meets all legitimate criteria set forth in prison regulations.

i, Reagan v. Time, Inc., 468 U.S. 641, 648-49, 104 SCt 3262 (1984). “[T]he fact that society may find speech offensive is not sufficient reason for suppressing it.

Indeed, if it is the speakers’ opinion gives offense, that consequence for according it constitutional | Hustler Magazine, Inc v. Falwe 45, 46, 108 SCt 876, 882. The may not prohibit the expression simply because society finds the offensive or disagreeable, U.S. v 496 US 310, 319, 110 SCt 2404 (1990). “[A]bove all else, the First Amendment means that government has no power to restrict expression because of its message, its ideas, its subject matter, or its content.” Police Dept. of Chicago v. Mosley, 408 US 92, 95, 92 SCt 2286, 2290 (1972). ii, Jones v. North Carolina Prisoners Labor Union, 433 US 119,97 SCt 2532 (1977) iii, Pell v. Procunier, 417 US 817, 822, 94 Set 2800, 2804 (1974) iv, Turner v. Safely, 482 US 78, 107 SCt 2245 (1987) v, Turner, supra vi, Turner, supra vii, Pickering v. Board of Education, 391 US 563, 573, 88 SCt 1731 (1968). viii, Abu-Jamal v. Price, 154 F3d 128 (3rd Cir., 1998); X v. Blatter, 175 F3d 378 (6th Cir. 1999)



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Regarding the formation of an IWOC branch there are some issues we’re facing here in Oregon that some folks in other regions may recognize, Organizational roadblocks that can generally be categorized in two parts; each having sub categories.

Also, given the superfluous structuring called for to achieve IWOC branch status, collectively these things add up to a very difficult climb to successful branch development and an almost impossibility as far as sustainability.

Here I will lay out some of our main problems and our theoretical solutions. From least to most problematic:

- A general complacency, apathy, laziness, class stagnation. A collective psychological dormancy among our population. Usually this takes the shape of psychological escapism; what comrade Patrick Morris calls “Kardashianism”, living vicariously through superficial tv personalities or fantasy land games or books.
- Gangs, racism, heterosexism and other forms of egotistical bullshit. These forms of divisiveness are simply psychological manifestations of egotism combined with low self-esteem generated by our oppressive environment, true but existent and problematic nonetheless.

Numbers A and B are two blades of the same sword, yet can be addressed with a single stroke. Both are psycho social reactions to

a single hostile, violent, authoritative environment which propagates and reinforces self-destructive, violent and escapist behavioral patterns.

In essence, we are immersed in a propagandized environment. As anarchists, we have what we call “propaganda of the deed”. While our adversaries use the offensive counterpoint to this: propagandized social realities. For example when a pig (cop) makes you stop and spread your legs so he can put his hands on your body. That is a propagandized action which reinforces your sense of helplessness and inferiority.

In the context of this dialectical reality, numbers A) and B) are our general psycho social reactions. The B category seeks to reassert control over their perception of these realities through reactionary means. The only way they see evidence of having control over anything is by lashing out at the only thing they perceive as weaker than

themselves, that is to say, the other people in their own situation. Ultimately this is completely anti-thetical to our own interests as it serves to divide our own class forces so that our adversaries can better control us.

The A category has simply accepted their lot and even often defends their enemies positions rhetorically because it excuses them from having to address their own inertia. Personally I take offense to category A. Sub categories A and B fall into a single general category I’ll call “the psycho social reactive category”, category #1.

Category # 2 I’ll call our “dialectical/ material situation”. These consist of the material realities that ultimately result in our psycho social reactions as defined in category # 1.

- An oppressor force with superior methodological practices, strategic application, tactical execution, records and research data, protocol, special task teams, communicative channels and on and on are all geared solely toward our oppression and further suppression of our greater force of disorganized , uneducated, unmotivated, lazy , hopeless mass.
- The architectural components of our physical location. The name of the game here is the number one rule of war. Divide and control. In order to keep you enemies divided you must isolate those forces from each other.



IWOC Statement of Purpose July 31, 2014

1. To further the revolutionary goals of incarcerated people and the IWW through mutual organizing of a worldwide union for emancipation from the prison system.
2. To build class solidarity amongst members of the working class by connecting the struggle of people in prison, jails, and immigrant and juvenile detention centers to workers struggles locally and worldwide.
3. To strategically and tactically support prisoners locally and worldwide, incorporating an analysis of white supremacy, patriarchy, prison culture, and capitalism.
4. To actively struggle to end the criminalization, exploitation, and enslavement of working class people, which disproportionately targets people of color, immigrants, people with low income, LGBTQ people, young people, dissidents, and those with mental illness.
5. To amplify the voices of working class people in prison, especially those engaging in collective action or who put their own lives at risk to improve the conditions of all.



JOIN US

The Incarcerated Worker is a publication of the Incarcerated Worker Organizing Committee of the Industrial Workers of the World. Join the rank-and-file union that's organizing prisoners internationally! Send name, ID #, and address to:

IWW IWOC
PO Box 414304
Kansas City, MO 64141-4304

CONTRIBUTE

The Incarcerated Worker features writings of prisoners, welcoming contributions of writing and art particularly from a revolutionary labor perspective, all subject to editing for space and for content. Contributions should be sent to:

Kent Books to Prisoners
CSI Box X
KSU Student Center
Kent, OH 44242

Editorial Policy

Collectively, we may not know exactly what we're looking for, but we'll know it when we see it. And we may not know what we're not looking for, but we'll definitely get plenty of it.

We have to decide: Do we want to produce quality that will inspire and move people and contribute to a goal, or do we want to be a forum for terrible material no one else will print?

I opt for the first. So, I suggest our editorial policy should be fluid and evolving and organic, case by case, issue to issue. In other words, no real policy at all.

—Editor FW Sean Swain

Due to limited printing capacity, content should be kept shorter than 5 pages.

Send your self-addressed stamped envelopes with requests for back issues, so we can save on postage.

Remember to share and spread things around so we can all grow!

However, this fluid policy is subject to change at the democratic will of incarcerated workers like YOU! Fellow workers in Missouri prisons suggested a rotation of contributing authors. Authors shall be set in rotation each issue, so each gets a turn to share their voice.

The more articles you send the more we can put in rotation. The articles should teach and motivate each other. The paper's goal is solidarity through communal knowledge; each one teach one!

—Outside Editor, Mike L.

Scientists Study Distant Stars, cont.

in support, informing its imprisoned members and trying to promote the strike all possible ways. The National Lawyers Guild has decided to support each prisoner who suffers reprisals for participating in the strike.

IWOC has created a hotline which prisoners can call 24 hours: 816-866-3808.

This link lists groups that have supported the strike: <https://supportprisonerresistance.noblogs.org/endorsements/>

RB: What is the relationship between the IWW and IWOC?

How many members does IWOC have?

CD: IWOC was created by members of the IWW. IWOC is a link for prisoners organizing themselves to build solid bridges among themselves and with outside workers. There is a national IWOC committee and a dozen local groups. There are about 800 prisoners and IWW members who are also part of IWOC throughout the country.

MR: IWOC was created to work with FAM because we had many differences with purely union organizations that focus exclusively on wages and working conditions. We in the FAM could not even ask how prisoners are treated like slaves to

organize employees. A slave on a plantation cannot pay union dues. For us, especially for the Black masses, this is part of our 460 years of struggle for freedom from slavery in America.

RB: What is the attitude towards prisoners on strike? Is there a lot of tension in the prisons? How have the authorities responded so far?

MR: No one has seen or experienced anything like this, so there is a wide range of feelings. There is tension, but there is always tension in the prison. Authorities are responding as their owners say to respond to a threat to a multimillion dollar business: repression without worrying about the consequences. Remember, judges and prosecutors are all in the same boat.

CD: For example, Sidique Hasan of Lucasville and member of the Free Ohio Movement has been visited by the FBI and has been put in solitary confinement for being spokesman of the movement.

RB: What actions are called for September 9?

CD: There are planned actions in prisons and against companies that benefit from slave labor in about 50 cities. Many cities are planning to view of films and hold public debates on that date and afterwards. Other actions will include noise demonstrations outside prisons throughout the country, to let the prisoners know they are not alone in their struggle.

RB: How can we support this fight from abroad?

MR: Continue posting and reporting. Ask people to support the protests in the prisons. Investigate and identify companies that use inmate labor, such as McDonald's, protest their establishments and to boycott them. And, most importantly, help us inside. Help increase the movement. You can make donations to the Free Movement PayPal at famfamalabama@gmail.com

CD: The statements of solidarity help. These have been received from prisoners in Greece, Bulgaria and Mexico. We ask people not to buy products from companies that profit from prison slavery. We would like to see prisoners organized globally as part of "one big union" that uses the strike as a weapon to fight against austerity and white supremacy. IWOC has representation in England and hopefully more unions, prisoners, and other people involved in supporting prisoners and their collective actions worldwide.

An injury to one is an injury to all!



Scientists Study Distant Stars, cont.

US sometime. The police indiscriminately killing black people, the school to prison pipeline, and slavery in prison, perpetuate white supremacy in the US.

MR: Corporations run the prison industrial complex. There are more businessmen involved in politics than ever. Prisons represent savings in operating costs for companies because normal expenses such as taxes, social security ... there is no overtime when the work is done by inmates. Companies finance PACs (Political Action Committees created to raise funds to support candidates in political elections), and then pressure politicians to their advantage to pass laws that allow them to access prison labor. Sometimes there are even companies that buy or build prisons directly. But for this investment to work, the company must guarantee that the work is available in the long term. Therefore, politicians tend to pass laws such as “mandatory minimums”, “three strikes” and all kinds of sentences for drug possession. The result is that there is a mass imprisonment in the US, with deplorable conditions and abuses ... and profits remain very high.

RB: Why speak of modern slavery?

CD: Slavery never ended in this country. This is one of the key messages we want to give the average citizen through our movement. It is written in our constitution. The thirteenth amendment “abolished” slavery “except as a punishment for a crime.

MR: From my point of view the term “modern slavery” is wrong, because slavery never ended. There is nowhere in the US Constitution that says it’s done. In fact, many prisons such as Angola in Louisiana were built on old plantations. The plantation became a prison. The slave became convict. The owner became jailer. I simply followed the money circulating at the expense of black people. In our article “Let the Crops Rot In The Field,” I cite research showing that in the mid-1870s Alabama received around 70% of its state budget from convict slave labor. Most state governments still balance their budgets with labor decisions, fines, and legal exploitation through phones, commissary, incentives ... even charging a medical co-payment. But keep in mind that all these costs are borne by people working for free. This is how slavery has always worked.

RB: What are the objectives of the strike? What effect do you think it will have?

MR: The main objective is to raise awareness about the deception and what is happening, and show that there is a real and viable solution to the problem of mass incarceration. I demonstrated the ability to solve this problem is in our hands, literally, through the work we do as prisoners. Not lawyers, or politicians, or the President; an organization that is not only us who we are inside. All you have to do is let the crops rot in the ground. Let the factories remain idle. Let the products of the cafeteria rot.

CD: When you remove the economic motivation and improve the conditions of workers in the prison system, all the judicial and police structures for control and capture of prisoners must change and treat us like human beings, rather than as slaves. Initially, I think the state repression will be very hard against the prisoners on strike. I have no doubt they will be placed in isolation or segregation, and their belongings will be confiscated and their few rights will be restricted indefinitely. So we think it’s important to create a strong network of support from outside, so that we can mobilize and help them against repression. But the long-term hope is to open a national discussion about the fact that slavery must end. The companies and the state are making a lot of money putting people in prison, and mass imprisonment has been used as a means of social control and to perpetuate white supremacy. I see our efforts inside and outside prison leading to a mass-movement to end slavery and white supremacy.... And a general strike to end the capitalist system that sustains it.

RB: What organizations are supporting the strike?

CD: The prisoners are those who call the strike. IWOC is fully



Kent Books to Prisoners provides prisoners with books and other reading material on request.

Kent Books to Prisoners
CSI Box X
KSU Student Center
Kent, OH 44242

Prison Books Collective provides a catalog of political pamphlets, and any of the pamphlets contained within, free to prisoners. Prisoners in MS, AL, and NC are eligible to request and receive books. <http://www.prisonbooks.info>

Prison Books Collective
Publishing & Distribution
PO Box 625
Carrboro, NC 27510

Kent Books to Prisoners and Prison Books Collective are not affiliated with the IWW.

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IWOC PO Boxes:

A note from your delegate: Hello everyone! IWOC is growing by leaps and bounds over the past few months. For faster and better responses to your letters, please write to the PO Box in your state and country. If you do not see your state listed here, write to the Kansas City PO Box.

NWA IWOC PO Box 4062 Fayetteville AR 72702	Orlando IWOC 3206 PMB #9 S Hopkins Ave Titusville FL 32780	Rochester IWOC PO Box 30914 Rochester NY 14603
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Researcher Studies Communication in Prarie Dog Communities

There have never been a free people, a free country, or a real democracy on the face of this earth. Yet, the vast majority of Americans believe in its ideals. In the hopes of conveying a belief, the Oval Office is occupied by a vanilla wafer, not of slave blood, but a freeman of color who does the bidding of his handlers. This is America's exemplification of democracy; however, the United States enslaves a quarter of the world's prisoners, and places those who are outside the walls into indentured servitude. Insanity is when a shout of "Let's Make America Great Again" is followed by bodies being strapped to student loan debts, medical bills, and IRS garnishments in exchanged for life sentences in concrete prison cells.

Fifty years after the Black Panther Party, an armed revolutionary party that fought for black self-determination, was infiltrated, compromised, and decimated, pathetic African American leaders faced with blatant racist policies, though despite praise of achievement toward equality, and feigned ignorance of the fact that sister and brother

Panthers were jailed and imprisoned on trumped-up charges, and should receive pardons, march nonviolently against the disproportionate political and economic system in practice within the United States. As oxymoronic as placing in context a black Trotskyite, and going to war, it would be clear even to them if after seventy-five years of marching, and equality had not been achieved, an armed struggle would be the solution. It's these African American Negroes which, while our Sister and Brother Panthers were sold out and fed to corporate America's rapacious economic growth, sold positions in the United States- as house servants in Candyland.

Does the average African American think he or she is beyond America's despotic disproportionate distribution of equality? How long has it been since slaves needed a pass to leave plantations, blacks were segregated and Jim Crowed or Negroes were redlined into urban deserts? It happened to me yesterday, as I walked from my cell to a privatized state phone, watched by a million cameras, as contents of my re-

corded phone calls can be used against me in a court of their laws to stage a conspiracy. The parallels from my experience of armed guards posted at checkpoints, licensed by the state, ready to kill non-whites based on a subjective threat, are drawn between Afghans and Palestinians detained and being bombed by drones. It was necessary for the United States' agencies of counter-revolution to kill the Black Panther Movement, so the linchpin for mass incarceration, zero tolerance anti-crime fascist policing, and the proliferation of the killing of unarmed black men could be set and prevent any uprising for freedom and liberty.

In efforts to protect the ruling class's imperialist system of economics, the political system of the United States, with every uprising they used criminal justice policies as a way to sever the head from the body and have gone as far as removal of genitals as a message to those would be leaders. Case in point: Nat Turner's uprising that forced the National Guard to rescue slave owners; the Panther's armed usurpation of the California's Capitol while legislators were in session; D-Yard Nation uprising after the death of Comrade George Jackson that took over the yard; the riots in 60's that threaten to burn down the United States' cities. These events sparked the political consciousness of convicts, although every battle ended in death of its leaders.

However, the consequence of an armed struggle for the self-assertion of freedom that results in defeat is an elevated fear level, based on the ruling class' socially constructed link to criminal violence. This allows for an increase in the funding for policing and increase restriction through control. This is

continued on page 5

Nutrition and Your Heart, cont.

in Alabama escalated when the prison guards went on strike. By the first week of October, no guards were on duty. The warden was left with the task of pulling out the food cart to the striking incarcerated workers. This is the first time in Alabama's history that prison guards have gone on strike, according to news site "It's Going Down," and it's even more stunning under the pretense of a national prisoner strike.

South Carolina incarcerated workers continued their strike, earning their place as one of the longest work stoppages held by prisoners in the national strike, according to IWOC. Jailhouse Lawyers Speak members of the strike began sending out live Tweets from South Carolina prisons, giving updates on the strike. One of the most inspiring Tweets was a repost of incarcerated workers fighting back against guards who tried to break the strike with violence, as seen here: On that note, it is of grave importance to shed light on the repression that these brave incarcerated workers faced. These brave souls risked life and death to bring this struggle to the ends of the Earth! One of the first instances of repression was when political prisoner, Lucasville Uprising veteran, and IWW incarcerated worker organizer Imam Hasan was sent to the hole and faced interrogation by both Ohio state authorities and the Federal Bureau of Investigation (FBI) in regards to the strike. He faced Islamophobic accusations by the Ohio State Penitentiary that he encouraged a suicide bomb attack on Sept. 9. Imam Hasan and his Muslim brothers went on hunger strike when the prison authorities threatened to cut off their rights. He was later faced with more threats by the prison authorities for his communication with media outlets such as National Public Radio (NPR), in promotion of the prisoners' strike. Outside support of IWOC did play an important role in minimizing the repression. Prisoners from South Carolina to Alabama and beyond gave thanks for the phone zaps and call-ins. These efforts made sure prisoners could eat and shower, and they even got some incarcerated worker organizers such as Michael Kimble, a gay anarchist supporter of FAM, released

from solitary confinement. Though these may feel like liberal tactics, they are of utmost importance; they are like laying down covering fire for our incarcerated comrades in the trenches. We must keep in mind that in Waupun Correctional Institution in Wisconsin, an ongoing hunger strike called the "Dying to Live" strike, which was led by brave incarcerated workers like Caesar DeLeon, has been going on since June. These prisoners are facing intensive retaliation, including forced feedings. So finally, it looks like the One Big Union is making a comeback by organizing not just wage slaves, but workers who are literally slaves by the U.S. Constitution. This strike has made history and its revolutionary momentum is still burning, but there is still a lot of work that needs to be done. We may not have dismantled the prison industrial complex or abolished prison slavery entirely, but the striking incarcerated workers along with the help of our union have accelerated us past a point of no return in the fight for abolition!



Conservation of Wildlife Pop. cont.

atmosphere of violence and hostility it will serve their purpose and justify their actions. Crime pays, keeps jobs secure and lay the foundation for their children and their offspring. An investigation into these practices should promote much needed prison reform. This can not be done by the Missouri Attorney General's Office, because they are the Department of Correction's personal Attorney. This corruption is done with the AG's protection and watchful eye. The psychological effects of standard operational procedure has long had a trend of instilling what the public would perceive as a criminal mindset of the prisoners. However, it is basic human behavior. Practices of true education in the public school system and in prison would stop crime and recidivism, but this would eventually shut prisons down as there would not be a need to incarcerate so many for so long. Those who make criminal justice a family business go out of their way to insure that this does not happen at the expense of your taxes and my life. Minor infractions are inflated into seemingly terrible atrocities. We are being poked, prodded and provoked into physical altercations and psychological despair. In the free world the Willie Lynch syndrome is the norm, is glorified with the end result being addiction, prison or death. Here and there, we are being assaulted and then charged with assault. One of the guys here jokingly said "Man, they beat my ass, then gave me five years and said I made them do it." Here, hope is merely a joke to make you think something is going to happen. Guards are being trained to be utterly disrespectful, unknowingly being used as pawns to further the cause of those sucking millions of your tax dollars out of the Department's budget. Despite little or no major acts of violence occurring, those in control justify their purpose by creating chaos. The effects of this on us that have to live here until freed or is slated to die here makes us wonder. How can we have respect for those who do not respect us? Do we have a right to fight an abusive fos-

ter-parent who is killing us? The daily routine of making it through a day is so full of abuses of authority it rises to a level of physical abuse because it is battering our senses. Why should we continue to live under these circumstances when the end result is death anyway? There are many forms of abuse taking place here. The most subtle that have the biggest effects is the daily running of the prison which does not allow you to maintain a set positive routine. Delays and cancellations are the norm. It effects our mental and physical health. The mattresses are merely mats and fatally flawed in their design. Given to us because it makes their job easier to search, they are causing physical injuries to our necks, hips, shoulders and other areas. Compressed discs, stress fractures and aches and pains that turn into arthritis plague our bodies with constant pain being the results from merely attempting to sleep. Complaints of the long term affects are ignored. The monthly committees with officials are merely a force that accomplishes little or nothing. Speak your mind on the truth and you'll be punished and transferred. You would expect to be able to be left alone after serving 30 odd years with no major altercations. You would aspect to be in a lesser secure environment and have hope of working to a goal of freedom, or for many, to die at peace. This isn't the case. Being an 'ole head in the joint used to garner respect. Now we are called out and targeted as trouble makers, because we understand the results of being micromanaged for the purpose of keeping us unorganized, uneducated and imbalanced physically and mentally. The DOC is trying to create a volatile environment in order to justify our continued incarceration and their existence in serving the purpose of keeping us away from society. There have been fifteen cases of prostate cancer diagnosed over the past three years here. My prostate is also at risk of cancer. I am scheduled for a 2nd biopsy in a few months. While our deaths are deemed natural causes,

there is nothing natural about it. There is something in the food served or purchased causing this. We are being killed in here by many daily subtle means and you are paying the medical costs for it. Inferior quality of the food and daily super high stress, pain and anxiety is deliberate indifference of physical injury that is resulting in wrongful death. Just as pitbulls are trained to kill, the DOC's policies have purposely attributed to the mind state of those released. A day in the life and time of my life is very stressful and very unfulfilling. The most minimal accomplishments are hard fought for and seldom achieved if going thru the powers that be have anything to do with it. I have to be consciously aware at all times. When you let it be known through your actions that you know your place and are not looking for trouble but they want to demean you further, history shows that this will eventually cause a riot. They will tell you, "I told you so, they are monsters need to be kept locked up." I'm telling now, do not let them get away with continuing to instill the negative behavior traits of those being released, and killing those of us which are stuck in here. They are spending hundreds of millions of your tax dollars for their own gain, not fulfilling the purpose of bettering the conditions of mankind. They are creating the chaos and violence and then popping their collars in the public's eye asking for more funds and justifying why they are suppressing our life's fires. Fire them and set up a system that is not as corrupt as this one. It is all on the Director of the DOC, George Lombardi. He has squirreled away millions of your tax money to sustain his desires. Make him resign and be wary to ensure that the Governor's next choice be a person that is progressively favorable toward true rehabilitation. I may not live to see it, but hopefully someone will look at this and look into the madness of a in the life and time of Eric. What's happening needs to stop. *This article is titled: A Day in the Life of Time, by Eric*



Researcher Studies Communication in Prarie Dog Communities, cont.

why politicians' create a climate of fear and was the explanation to why Johnson's redistribution of wealth failed, yet produced a dangerous black militant class that rioted in return of whites' generosity. It can be argued that the public was deceived into believing that the Fugitive Slave Law, Mann Act, Harrison Act, Hale Bogg's Mandatory Minimum, Wickersham Commission, Omnibus Crime Control and Safe Streets Act, Comprehensive Drug Abuse Prevention and Control Act of 1970, Law Enforcement Assistance Administration, Anti-Drug Abuse Act (1986 Act that produced the dubious "100 to 1" ratio that copies the Pig and Chicken laws that disproportionately gave black males longer sentences than whites), Clinton's Community Oriented Policing Service (COPS), 1994 and 1996 Omnibus Crime Bills, Anti-terrorism and Effective Death Penalty Act (AEDPA) would allow them to sleep comfortably at night. I cannot argue whether or not Americans comfortably sleep after trillions and trillions of dollars are spent on control and surveillance of boogie men, but rather it is systemic repression delivered in an opioid delusion on a beauty rest, which is scarier. However, I know it is beyond the realm of reality to believe that the containment of black and brown bodies will free white Americans; moreover, I can argue that the United States understood that the Panthers and all the organizations that presumably followed would have challenged freedom. This crisis was the reason for state and federal funding of military style policing that produced the carceral state, mass incarceration and has allowed the murder of unarmed black males to be justifiable deaths. In order to preserve the United States' oppressive defunct political and economic system, African American Negroes have

October

19. Santa Clara, CA jail had over 300 incarcerated workers on hunger strike. Mass participation continued for human rights.

19. FAM rebels at Holman released this statement to the Anarchist Black Cross: Clinched fist salute! This is XXXXX down here at Holman Prison in Alabama. I don't want to take up too much time, but we rebel prisoners in C-Dorm want to express our thanks for your support and solidarity during the strikes, and for Holman in particular. At this time, Holman is being occupied by the riot squad to restore order to a space that we created based on self-management. There are daily confrontations between us and them. We will continue to resist. We ask that you all keep an eye on Holman. They are trying to break the resistance, smash F.A.M., and continue business as it was before the resistance. We ask that y'all continue to attack the state and all of its institutions. We call on all freedom-loving, oppression-hating hackers to attack the judicial and criminal justice system. Let's continue to make shit ungovernable. We end this by sending strength and solidarity.-C-Dorm Uncontrollables

accepted a commercialized version of our story. The governing narrative of past, present and future events controlled by us is our story. Our story: heroic struggles that allows us to make sense of the world, woven into ethnic richness, which allows self-determination and pride to radiate from a culture of being perverted by a commercialized presiding fiction, which has allowed us to behold ourselves and our place in the world as satirical entertainment for others. For example, African American Negroes thought that Beyoncé's commercialization of the Black Panther's brand was representation of equality. Elaine Brown, former member of the Black Panther Party, pointed out that "Beyoncé's performance celebrated women of the Panther Party." Elaine Brown's statement is true, yet it's a whitewash of the facts and a fictional tale of our story that does not allow Panthers to be honored like revolutionaries are in Cuba, but appear as women in costumed during America's reenactment of its past battles and genocides. When I read her comments, I could only think back to Edward P. Jones great novel, The Known World, a story about Henry Townsend, a black plantation owner in south that grows up as a slave purchased out of slavery by his father. The story dealt with the complication of the institution of slavery and the role freed blacks played in the participation and preservation of slave culture. The methods African American Negroes have and continue to use to advance in status made vivid by the part in the novel where Henry as child stood outside Master Robbins' mansion and waited to groom his master's horse. The African American

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23. Hunger striking Mexican Anarchists end strike, but continue fasting in solidarity with the National Prison Strike.

29. Kinetik Justice, a lead organizer of FAM, goes on hunger strike as he is threatened with transfer to the "bully camp" called Kilby prison.

November

10. The day after neo-fascist candidate Trump's election victory, private prison stocks rose in record numbers. With deportation centers being largely under private prison corporation control, the win of the staunch anti-immigration candidate was a sure fire plus for them. Yet, the "progressive" Obama administration has broken records in mass deportations. Mass anti-Trump protests swarmed across the U.S. and more actions are sure to burst, especially on inauguration day (January 20th).

More updates on the ongoing struggles will be posted in the next issue. It is also very important to note that solidarity actions with the strike continued all over the world!



It's Winter! cont.

Your cell is designed solely to isolate you from your cell block forces, your cell block from your complex forces, your complex forces from you institutional forces, and your prisoners' population from the prison in the next town. Look around you, every area of your environment has gates and doors just waiting to slam shut in little isolating segments. In essence this means we cannot assemble or reasonably communicate across our own forces. Any sign of doing so gates slam shut, we are isolated so that word or deed cannot spread and we are thoroughly dealt with by and overpowering violent superior force.

Numbers C and D are used in conjunction with one another to shape our material conditions. We respond to have these through reactionary means explained in general category #1. It is all one elaborate dialectical structure designed specifically for the self-perpetuating suppression of our own disorganized apathetic population.

Now enter our IWOC Campaign

On my particular complex of about 800 people, only two of us are educated revolutionaries who have a fucking clue as to what we are talking about. I imagine our comrades in other places can relate to some extent. Our main hurdles come from categories A and B. The apathetic are apathetic. The elitist see us as a threat trying to introduce an elaborate organizational structure called for by the IWW is an extremely tall order. Then even if we do manage to get one in the works something as simple as a single participant getting rolled up along and moved can crumble the whole thing, which goes back to categories C and D.

Now that we have revealed and defined some of the problems, let's try and find out some solutions. First of all apathy usually goes hand in hand with ignorance the more a fucked up situa-

tion is revealed to someone especially in the context of how it is harmful and dangerous to that person the more inclined we are to do something about it.

As for the racists and gang folks and other elitists at least we can say that they have some type of fire under their ass. They at least have some type of motivation to do something; it is just what that something which is the problem. This goes back to the ignorance factor, as our total environment has been propagandized to reinforce our own apathy and self-destruction. We must counter those elements with our own large scale propaganda campaigns geared mostly on introductory concepts in education from our own perspective and also campaigns which encourage participation. To some extent we already do this but not enough. I challenge all of us to think of ways we can maximize our effectivity in reaching the minds of our person a wider scale with limited resources.

The more we begin to overcome categories A and B (psychological social reactionism) the more potential we have with categories C and D (dialectical material solutions) but until then we must come up with strategic ways of organizing in spite of these things.

Against all odds, some of us actually are determined to build a sustainable IWOC branch. We understand that an IWOC branch is theoretically designed to function as cadre for the greater movement but in my analysis it is too complex for its own intents and purposes. Most of our energies are spent just trying to put a branch together and keep it that way, especially given the fact that most if not all participants are inexperienced, uneducated and largely intimidated by several different types of potential fall-out for taking action.

Here is our institution we are working on the two point strategy to overcome some of these problems. I find that the simpler a thing is, the less likely it is to malfunction. This is also true with

organizing, the least amount of moving parts in a thing the less things have potential to break. In addressing basic organizational praxis, we've created an ABC Oregon Prison Chapter with outside ABC chapters. For assistance and guidance, one of these outside chapters also functions as an IWOC liaison. ABC OPC functions on three basic points: prisoner rights/ prison abolishment, sociological education of selves and others, and organization.

Our organizational structure is simplified as much as possible while conscious of effectivity; our structure largely emphasizes goal orientation ad punctuality. Once our cadre is stable and sufficient, we will then make it our primary task to develop IWOC. Our ABC OPC organizational structure also accounts for "dialectical/material situations" as defined in letters C and D.

In regard to numbers A and B, one way we are trying to combat the psycho social reactions to our propagandized realities is by creating our own micro cosmic newsletter. We do this with the help of our advocates at ABC Portland. As the Incarcerated Worker is a nationally distributed newsletter, we feel it is equally important to have our more targeted regional and local media that can address the particulars of our own unique situations and mentalities.

Any questions, info requests, guidance etc. can be sent directly to myself or PDX ABC.org (Portland ABC on Facebook) and will get a response by either myself or one of our other dedicated rads.

Till then, up the punk! Never give up see ya round. In raised fist solidarity, Zero the Bully Slayer, Joshua Cartrette 12225965, 2500 Westgate, Pendleton, OR 97801 *This article is titled: On Forming Inside Branches, by FW Zero*



Scientists Study Distant Stars



This is the English translation of an interview of Melvin Ray of Free Alabama Movement and Cole Dorsey of Oakland IWOC. It was originally printed before the strike began, in Solidaridad Obrera, a publication of the CNT, an anarchist Spanish trade union. Founded in 1910, the CNT participated in the Spanish Civil War against the fascists from 1936-39. Bennu Hannibal Sun-Ra (Melvin Ray), from Holman prison in Alabama, is a co-founder and representative of the Free Alabama Movement. Cole Dorsey spent three years in prison in Michigan, and joined the IWW a month after his release in 2004. He is currently part of Oakland IWOC and the Bay Area IWW. Roca Beltran: What can you tell us about the background to this strike? Cole Dorsey: From my experience in prison, collective action is usually taken for a variety of reasons: the quality of food, access to recreation, access to commissary.... It is nothing new that prisoners have organized and try to change things from within. What's

That year there was an uprising at Holman Prison in Alabama. In this struggle, members of the Industrial Workers of the World (IWW) began working with Melvin Ray and FAM to support them. At this time the IWW also contacted Texas prisoners who claimed they wanted to organize. All this culminated in the creation of Incarcerated Workers Organizing Committee (IWOC) by IWW members. September 9 is a significant date because this year marks the 45th anniversary of that day's Attica riot. The prisoners have called for action on 9 September to end slavery in prison, "refusing to be slaves anymore." Melvin Ray: For us in the Free Alabama Movement these protests are following three years of existence and participation in protests and awareness about slavery and mass incarceration. Our first protest in January 2014 at Holman Prison was the starting point of the movement. In 2015 after a successful new round of protests, we began to

new is that now we are building a solid network of people outside to support, publicize, and amplify these collective actions that prisoners are doing. There has been a resurgence of activity in recent years. From the prison strike Georgia in 2010 to the hunger strikes of prisoners in California, prisoners are taking more and more actions to deal with their conditions. The Free Alabama Movement (FAM) started in 2014.

develop the concept and to call a national protest in a document called the Six Step Plan of Action 2015. After that, we began the process of organization. Today that day has arrived. RB: Can you explain how corporations are connected with the management of prisons and the criminal justice system of the United States? CD: Companies have learned they can get huge profits from slavery in prison. Before, outsourcing the work to China, India, and Mexico gave them the benefit of paying low wages in these countries. These same companies are now "outsourcing" these jobs within the country through the prisons. Since prisoners are considered "custody" of the state, companies do not have to pay insurance or taxes, or worry if a worker has an accident. All labor issues are managed by the prison administration. Refusing to work may result in a longer sentence, solitary confinement and other restrictions. Companies have a skilled workforce which they only have to pay pennies per hour within their own country. The prison industrial complex generates billions of dollars. It is a lucrative business that has grown with private prisons. Although the Department of Justice recently announced it is closing private prisons, this will only affect about 10 federal prisons. There are still private prisons at state level, plus all these inmates will simply be transferred to other centers. With the industrialization of this country, the response of states to control people has been the mass imprisonment which disproportionately affects people of color. Having a huge mass of workers that are barely paid, there is the threat that the bulk of American workers could lose if they are not compliant, with their employment outsourced to the prison population. Although statistically crime rates have declined over the years, the number of prisoners has skyrocketed. 80% of black men have been in the system of "justice"

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AMENDMENTS

1. Frequency of Committee	Yes: 378	No: 50
2.Charters	Yes: 393	No: 40
3.Eiectronic balloting	Yes: 369	No: 62
4. Publications	Yes: 385	No: 34
5.1WWShops	Yes: 381	No: 40
6. Literature Department	Yes: 370	No: 28
7. Exclude Law Enforcement	Yes: 378	No: 92
8. Intn’l Structural Reform	Yes: 421	No: 30
9. Resolution:		
Special rules for Convention	Yes: 332	No: 47



Would you like to remain a member of the IWW? Yes_____ No _____ I need more information _____

Have you received a new member packet? (You should have received the Constitution and One Big Union)

Yes_____ No _____ I don’t know, send me one if I am a member _____

If you have an organization that you would like to have listed on our web site as a supporter of IWW/IWOC,

please state the name of the organization _____ and your

position in it _____ and we will list it on our supporters page.

We would like to speak with you. Please write to us let us know what talk radio stations and programs you get and enjoy listening to wherever you are at.

Comments: _____



Conservation of Wildlife Pop. cont.

mitted in are outright denied. Organizations like Women’s Voices Lifted for Social Justice, The Resurrection Temple, Missouri CURE and The Youth Enlighten Program (YEP) never receives anything from us at this Branch NAACP because the Warden will not approve it. He will not approve basic supplies for us to make contributions to the prison community. Since we can’t have our interests funded, we refused to sign his thousand dollar requests, even after he threatened to take our meeting and shut us down. The warden has, under the pretense of a bogus inves- tigation locked (in the hole) our last three Presidents, then had them transferred. This has extended over a six year period. So, we don’t function. Our efforts are spent steadily trying to get pass the red tape. His last tactic was to lock down the new pres- ident. This has caused the NAACP branch here not to function. The Warden refused to allow us to reorder the frozen veggies we use as our ongoing fund raiser. If we’re not going to delegate our funds to his whim there won’t be any funds generated and our dietary needs met. Absolute Power breeds absolute corruption. There can be no jus- tice if every law and its procedures are absolute. The public is not aware of the many forms of corruption taking place with their hard earned taxes. On the one hand these prisons were built to bring much needed finances to poor rural communities. On the other hand, nepotism concerning the contracts, over inflated invoices for substandard goods and services is the norm. Tracing just who get the lion share of these monies will reveal a clique of a few who have created an exact science and long term goal of converting your tax dollar to privatized funds. The best way to do this is by creating chaos amongst the prisoners. By creating an

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Mindfulness Can Influence Memory

To all of my fellow inmates, to all supporters, and friends/family of the F.F.U.P. (Friends For Understanding Prisoners). Please be aware that the Wisconsin Department of Corrections are now engaging in the blatant sabo- tage and whole-sale stagnation of our rehabilitative efforts and our successful re-entry into society as productive and changed citizens. Now, some of you are asking the questions. How and/or why would or could I make such a bold statement?

On April 11, 2016, the Wisconsin leg- islature enacted, 2015 Wisconsin ALS ACT 355, which became effective July 1, 2016. This implementation requires that all restitution owed by an inmate be paid in full, prior to paying any Victim/Witness or DNA surcharges or other court related costs. Inside this legislation the Wisconsin Dept. of Corrections is given the authority to change the court-ordered 25% deduc- tion from an inmate’s prison wages to 50% (violating the Doctrine of Sepa- ration of Powers). This is done under language changes made to DAI Policy 309.45.02-Inmate Trust System De- ductions. These changes have caused amendments to sections of 973 of Wisconsin Sentencing statutes, which now give the Wis. Dept. of Corrections explicit authority to do the following: a) the authority to combine all inmate trust accounts (i.e. his/her release account + regular/accessible account, work release, etc.), and using this type of computation then deduct 50% of the previous month’s total, claiming it is for restitution owed victims for loss of property or damage done to their goods. This draconian act punishes the inmates more severely than the sen- tencing courts. At the same time this farce by the DOC punishes any person or group of persons who might try to assist an inmate (family, friends, and non-profits). Because if an inmate, who receives \$20 in a money order, owes any restitution, under this scheme \$13 will automatically be deducted from

the senders’ money (gift, gratuity) and making it nearly impossible for an in- mate to buy his own hygiene (deodor- ant, effective soap, lotion, shampoo, antifungal cream) writing materials;(tablets, pencils, pens, envelopes) and postage-\$0.65/per embossed envelope. These items are not given to inmates in the WDOC prison system, regardless of what their publicists say in press releases.

b) the unilateral authority to mod- ify the order of the circuit court that sentenced the inmate, to pay 25% of the inmate’s prison wages for restitu- tion, surcharges and other related court costs, to now state in the language to deduct these obligations of the in- mate’s from all monies no matter what the source or nature of the monies (gifts, gratuities, etc). I do not lack empathy for victims who have suffered losses due to crime, and I believe they should get the equity in law through reimbursement or res- titution. And in theory that is a great plan. The sad truth, the gospel truth is that Act 355, guised under DAI Policy 309.45.02, is sabotaging the rehabilita- tive efforts of the inmates in Wisconsin, taking the ability to establish a sound release account, taking the inmate’s ability to purchase his or her hygiene items, writing materials and postage. Taking the thief who decided to work while in prison to train his or herself for employment in the community and saying to that person you can work but we are going to strip you of every piece of moral fiber to pay the restitu- tion you owe. The armed robber, who owes thousands and thousands, has no hope of saving his prison wages for the purchase of a type-writer or gym shoes due to the implementation of ACT 355, guised in DAI Policy 309.45.02. The statistics show that most inmates will re-offend within 2-3 years. The new changes forces him or her to remain in the same thinking patterns and behav- iors (criminal thinking/behaviors) that brought them to prison just to survive

from one day to the next in prison. Most of this leads to criminal activity even-in prison. Just to obtain basic hygiene needs or some extra food. Once an inmate is released from prison he or she will have next to nothing and very little, if any, money at all in the mandatorily deducted release account. The whole legislative intent of the release account was to give the inmates a leg up once released so they did not have to go back to the commu- nity starving or destitute, to assist him in the first days and weeks of re-entry with food, clothing and shelter, through his or her own means (i.e. release ac- count). Not any longer. At the current rate of deductions, I per- sonally will be penniless in 28 months, upon my release, due to the fact, that, even if I did not have any institutional wages, these new changes allow the DOC to deduct funds from my release account (which is combined with my regular account) until I am destitute. This is sabotage and stagnation of my rehabilitation and re-entry efforts. The average inmate (one who owes no federal court fees, or obligations) but still owes restitution, victim/witness and/or DNA surcharges and other court costs, is in dire straits under this draco- nian enactment (guised in DAI Policy 309.45.02). Admittedly some inmates do not owe restitution and some may have man- aged to pay it off over the course of their lengthy incarcerations. I hope they are thankful. I, on the other hand, since my revocation on a 2002 case still owe restitution to First Federal bank (who by the way has not received one penny of the money deducted from me over the last 8 years), 3 separate filing fees in federal court and a mandatorily deducted 10% for a release account (that the Doc has already started to drain). I was recently placed into a work assignment that has a pay range of \$0.35/hr @ 80 hrs/2-wks= \$ 28.00/2-

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Mindfulness Can Influence Memory, cont.

wks and my deductions look like this at the end of 2 weeks:
\$28.00 - institutional wages
- 5.60 - 20% federal filing fee
= 22.40 - 4.48 - 20% federal filing fee
=17.92 - 3.58- 20% federal appeal filing fee
= 14.34 - 7.17 - 50% restitution (First Federal bank-my victim)
=7.17 - .72- 10 % mandatory deduction (release account)
= \$6.45
\$6.45 is what is left for me after 2 weeks of labor at the Oshkosh Cor-
rectional Institution, under the new
scheme and policy changes enacted
under ACT 355. Of course it was my
own choice to file civil actions in the
federal courts and I can only hope
that you may remember that Brown v.
Board of Education was a civil action
under Section 1983 and it was cases like

these that gave us minorities the right-
to vote if we are not disenfranchised by
the system. It also gave us the right to
fair and equal housing and employment
as well as the right to not be discrim-
inated against for our ethnic or racial
origins. My purpose in this revelation
of information is to put a face on the
real enemy-the ones that are filling the
prisons to overflowing, leaving thou-
sands of families broken and torn often
in irreparable conditions. The ones that
you (John and Jane Citizen) never hear
about, the Jon Litscher's of the DCC,
the William Pollards of the DCC, the
Judy Smiths and Paul Kempers of the
DCC. These people all have the ears of
our legislature who passed ACT 355,
and they knew that the act itself was
not important to you in the public and
in response to all inquiries they have
said it is to pay back the victims who

suffered losses
due to criminal
activity. They
have lied to us
all. Malcolm
X once said
something
to the effect
of "I have no
respect nor
can I ever have
respect for a
society that
places a crush-
ing weight on
a man, but
then punish-
es him for
cracking under
that weight".
Prisons are for
punishment
and rehabil-
itation. But
we (society)
cannot effec-
tively combat
the war on vi-
olence, crime
and drugs

by contributing to the problem. Our
criminal thinking patterns were learned
over years and embedded into our life-
styles. Now how can we get away from
those thinking patterns and behaviors
if the DOC is using mob-styled tactics
to force us into recidivism? That's what
these new changes are going to do
to many inmates, some long before
release will already be in prime crime
thinking mode due to the actions of the
DOC, under guise of ACT 355.

The real enemy in Wisconsin that
is halting the reform of the criminal jus-
tice system are people who are making
a living (making a killing) off of prison
labor, prison industries and other prison
programs that were intended to help
the inmates and their communities
upon the release of the inmates. They
are, well most are, now nothing more
than ways to scam the federal gov-
ernment and tax-payers out of more
money to siphon off to Cousin Ed who
owns the electrical outlet down the
road or to Aunt Betsy who owns all of
those vending machines (the ones that
dispense heroin) yeah, it is all a sham.
Yet, as an inmate I have endured the
price hikes of commissary every single
year for the past 5 years and there have
been no-increases to the inmate wages
in nearly 15 yrs. And that was not an
increase but it was a decrease, and the
last effective change with any benefits
to inmates. Now the combining of all
inmate trust accounts, only to deduct
the funds for restitution is a farce, a
sham. Most victims of a crime in this
state never see a dime of restitution.
Please pray to open your eyes and
mouth to combat the inequalities that
are being waged against the prisoners
in the criminal justice system. Because
if we do not say and do something
now, the next crime a non-rehabilitated
offender commits may be against you
or someone you love. Your voice and
vote does matter. The DOC can take
my release funds to pay restitution and
court costs. But I am not allowed to use

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2016 IWW Referendum: Election Results

We meant to get out this edition ofThe Incarcerated Worker much earlier, but due to many inconveniences we are a tad late. However, this means we can now include the election results of our union!

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Greetings Fellow Worker,
I hope this message finds you in good spirits and in good health! We would like to hear from everyone at least twice twice a year to verify your membership so that you may vote in the annual referendum and continue receiving the newsletter. You may include this along with a letter to us and multiple people are welcome to send these slips in together in a single envelope to save on postage. Please tear off this portion of this page and mail it back to us at IWOC, PO Box 414304, KC, MO, 64141 or if you want to keep your newsletter intact, you can just write the information on a separate sheet of paper.

In Solidarity!
IWOC
Date _____
Your Name _____ DOC # _____
Your IWW Membership Number _____
1st Emergency Contact Name (friend or family on the outside) _____
Emergency Contact Phone _____ and Email _____
2nd Emergency Contact Name (friend or family on the outside) _____
Emergency Contact Phone _____ and Email _____
May we contact your emergency person regarding local prisoner support efforts? Yes_____ No _____

Conservation of Wildlife Populations: A Complex Conversation

My name is Eric. I was born and raised in St. Louis, but for the past 34 years I have been in prison in Missouri. I have been in the South Correctional Center at Charleston, Missouri for seven years now. When I was 21, I was sentenced to 50 years without the possibility of people for killing a young man who was trying to rob my younger brother. Very few people have any idea what it is like to be incarcerated for decades. Here is what doing time is like over the course of a day. Doing time is not easy. One would imagine that as the years go by it would get easier. It is really the opposite. With time and preparation comes maturity. With the maturity of finding yourself and understanding some of our purpose of being on Earth the opportunities to fulfill this purpose can not be realized here. My daily life is spent in perpetual constraint. I have been in a maximum security setting this entire time. After 33 years I am being treated the same as a freshly sentenced 19 year old that has no respect for self,

others or the rules of society. No matter the strides I have made in making changes inside myself, I am still vilified, antagonized and sensory deprived daily, all under the pretense of safety and security of the institution. The Government actually pays the state to keep us in a maximum security setting no matter our age or time served. I do not desire to make this piece a negative, whining set of thoughts that leave you happy knowing that some of the worse of Missouri's criminals are being sufficiently made aware of where we are daily. The truth of the matter is this system is doomed for failure at the cost of many lives and hundreds of millions of dollars. Let's look at the results of this. I am 55 years of age. I've successfully completed all the restorative justice classes, educational courses, and vocational training the DOC offers. I've utilized family funding to take and earn my paralegal certificate from Blackstone Career Institute. Funds may soon be available from my family for me to take an advanced course. I maintain daily contact with family and friends. This is what gives me strength to preserver. I have very innovative ways in which I can run and operate a business from here in which I could care for myself and loved ones, as well as save tax payer money by providing my own room and board. While my doing this only need approval, Missouri would rather keep me desolate and stigmatized as a tumor on the body of the State instead of promoting me as a shining example of rehabilitation. The truth about the justice system in Missouri may shock you. Under the watchful eyes of Warden Ian Wallace, his leadership has turned this place into a powder keg of anger, instability, inconsistency and confusion. Because of this I have no daily routine. There is a daily Standard Operational Procedure that supposed to be followed and it looks good on paper. Nothing

is run efficiently on purpose. They slow the meals down to a crawl so that the programs and recreation (which only starts after) never run timely and the volunteers in corrections (VIC's) that come in are purposely delayed, prohibited admittance and inconvenienced to the point where they just stop coming. It is the same for me in trying to maintain a daily routine. Time delegated for one activity is cancelled, delayed or cut into so often a routine is not established and purposely done to keep us imbalanced. Even the correctional officers that volunteer are told to not become passionate about furthering the rehabilitation of the Offenders. I'm a member of the NAACP here. The Warden has successfully shut us down. He reassigned our VIC, who was a correctional officer because he pushed too hard in our behalf for the basics, assigned another who was then delegated job responsibilities during the days our meetings were held. When he quit out of frustration, the Warden took that meeting period since we had no VIC. We are being set up for failure, deemed monsters, are stigmatized and then you are told they need more money to deal with us. All the organizations are allowed two yearly fund raisers and are ongoing fund raisers. We all can individually retain \$5,000 dollars in our organizational accounts. Our by-laws tell us to donate a certain percentage of funds to non-for-profit organizations in the community. The warden sees these funds as his own. He has the president and treasurer of each group sign off on \$1,000 checks and he distributes them to causes he supports, like his brothers church and other self-interested causes he is affiliated with. This would not be an issue with us, only the greed of the warden caused him to post rules which do not allow us to fund events within the prison which educates and ultimately generates new members. Further, our requests to donate to causes from the neighborhoods our crimes were com-

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Mindfulness Can Influence Memory, cont.

this money to purchase gym shoes (even though the DOC will not supply me any); I cannot use these funds to purchase educational materials or legal books and dictionaries, nor to purchase gifts for my kids or grand-kids. That is not only draconian, but the whole implementation violates Article 1; Section 12 of the Wisconsin Constitution-(Ex Post Facto).

When I was a carnival game operator, we called what the DOC is doing, "Theft by Deception". Maybe my status as a prison inmate has me a little biased in my opinions, but facts do not lie. So please do your research and see for yourself, that I have given you the Gospel Truth in this matter. The DOC will take 65% of an inmate's funds even if they come from friends and family trying to help him or her get through the rough times, until all debts are paid or the inmate has no funds left (release or otherwise). *This article is titled: Rehabilitation by Stagnation: Really? by Reo L. Covington*



Nutrition and Your Heart

The following is a summary written by me (Mike Lucas) for the Industrial Worker, the outside newspaper for the IWW. The reports were too numerous and epic to be put into our usual timeline format. Thus, I share this with honor, but all the praise is yours my fellow workers on the inside. Ya'll have made our hearts swell with pride here on the outside. The 1st Month of the National Prison Strike By FW Mike L., The Incarcerated Worker outside editor "Prisoners are now realizing that by withholding their labor they have the power to shut down prisons and get the authorities, at the very least, to reevaluate the prison slave labor system. In essence, they are realizing that striking is a necessary stepping stone in changing the prison system and the dynamics of prison slave labor." – Phillip Ruiz, former incarcerated worker and member of the IWW Incarcerated Workers Organizing Committee (IWOC), in "Why Prison Strikes Are Necessary: An Ex-Prisoner's Experience." On the night before Sept. 9, 2016—the 45th anniversary of the Attica Prison uprising and the date set for a national prisoner labor strike—a riot erupted at Holmes Correctional Institution in Florida. More than 400 incarcerated workers rose up in rebellion, barricades were built, cameras were broken, fires were set, and all hell broke loose. Rapid

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Researcher Studies Prairie Dog Communities, cont.

Negro insistence to be allowed into white America is Henry "shivering in the rage he tied around his feet...Robbins told his slave shoemaker 'make the boy something good for his feet. He [Robbins] told the servants who ran his mansion that Henry was to eat in the kitchen with them and forever be clothed right." Today Henry still waits outside his master's mansion in the finest vines in belief that they'll be clothed, and fed by the system. This is the reason why they watched calmly as Black/Latino criminals, undocumented immigrants, welfare queens, crack heads, and super-predators were created and imprisoned, with racial rhetoric, laws and policies and marched for equality in preservation of this oppressive defunct system. Time has made African American Negroes' suppositions correct, though. Our story is now white washed and cleansed and does not reflect race laden criminal policies that were used to provide a place in Candyland for African American Negroes and cells for those who fought against the class-biased system of oppression.

Fifty years after, the Black Panther Party was infiltrated, compromised, and decimated, I wondered, Celebrate? What? Why? Do I reminisce on those rats that now tell their story with pride? Should I celebrate all the dirty cops that planted evidence, beat and lied on the stand who are now firmly in place inside the super structure that uses broken glass laws to harass black lives? It's African American Negroes who can look forward, with greasy chicken lip grins, without looking back to pull up our brothers. Brothers, who were sold

out and now rot in filthy sterile hermetically sealed cages, as I sit too, political conscious, with neo-prison Bob Marley dreads parted; stoned faced like my facial expression was chiseled in granite by Emory Douglas, and all that's needed to complete the picture is a gun, and a fist, raised with bruised white knuckles and clenched in solitary. Though desperately missing reality being that I cannot celebrate the abstract liberty of living in prison like educated, color-blind African American Negroes, with programmed neo-leftist wives, in split level homes, student loans, Obama Care, and IRS garnishments, experiencing all the abstract liberties, but devoid of basic human satisfactions. They do not despise the system that caused mass incarceration, but helped fund it and watched as it seized upon powerless black men and hacked them to death, removing their genitals, their bloodies body chained yet beyond the sight of ocular sameness; however within accepted deprivation of freedom and equality. The African American Negro experience post-Panther revolution enjoyed, and necessary to earn a position in overpopulated civilized society. Let them celebrate; I can't, the bell just rung, and I got locked in. What?! Living Survivor of Chronic System Incarceration Maurice Ward Founding Member of the December 11th Movement *This Article is Titled: Revolution will not be televised: Fifty Years after the Black Panthers, Now What?* Monday, June 13th, 2016



Nutrition and Your Heart, cont.

response teams were called in from five different county prisons to put down the rebellion. No matter what, the seal had been broken at that point and the spirit of Attica was now in the air! The flames from this rebellion in Florida would light the torch for what would become the largest prisoner strike in U.S. history. By the next morning, Free Alabama Movement (FAM), one of the main organizing groups for the strike and a building force for IWOC, sent out an immediate press release for the national strike. FAM also reported a full shut-down of Holman Correctional Institution, one of the most infamous prisons in Alabama and a key organizing site of FAM. A FAM committee from Holman reported: "Sept. 9, all prisoners at Holman Prison refused to report to their prison jobs without incident. With

the rising of the sun came an eerie silence as the men at Holman laid on their racks reading or sleeping. Officers are performing all tasks." The Carolinas flamed up with strike activity. North Carolina reported people refusing to go to work, but no major lockdown. South Carolina strikers released a list of demands drafted by Jailhouse Lawyers Speak, an allied group of IWOC. "End of prison slavery" was one of the core demands of the list released. South Carolina continues to grow as a major powerhouse of the strike. The Virginia branch of IWOC reported that the Fluvanna Correctional Center for Women joined the strike, and a woman's prison in California went on hunger strike in solidarity. The infamous Merced County Jail in California also joined in the national strike via mass

hunger strike. Political prisoner Chelsea Manning was on strike for her rights to gender reassignment surgery and inmates at Guantanamo Bay were also on strike, but both of these strikes may not be directly related to the national strike. However, Manning did win her rights to surgery. Meanwhile, demonstrations all over the United States erupted. Nearly every major city had a noise demo outside of a jail or another site related to the prison industrial complex. One of the most charismatic demonstrations came from Oakland, Calif. Oakland had a demonstration with more than 300 people, and as the tension escalated, major damages were hit against prison profiteers such as Bank of America, which was torched.

Comrades throughout the globe came out in support of the strike. Supporters in Spain, the United Kingdom, Germany, Australia, Serbia and other locales held banner drops and demonstrations outside of U.S. embassies. Greek comrades had a demonstration outside of a women's penitentiary, and cell blocks of radical Greek incarcerated workers from Korydallos sent a salute to the strike. On Oct. 1, the same blocks joined in the strike in solidarity by refusing work and kicking all the guards out of the blocks. Back in the United States on Sept. 11, the strike expanded to other states, including a large uprising at one of the major detention centers in Michigan called the Kinross Correctional Facility. Approximately 400 incarcerated workers refused to work and started a protest march. The situation escalated into fires being set, barricades built, and several rapid response teams being brought in from other prisons throughout the state to end the rebellion. According to media sources, 1,200 incarcerated workers participated in the rebellion, and 150 of them were transferred as targeted agitators of the strike. As the strike continued throughout the first month, several states such as Washington, Nebraska, Texas and others were reported to have strike activity. IWOC members on the outside called prisons to find out which ones were on lockdown and conducted other extensive research to accumulate the actual impact of the strike. Our initial research estimated approximately 27 different prisons with more than 27,000 prisoners affected by the strike, but this number later increased to be an estimate near 47,000 prisoners and 49 different facilities affected. Wobblies and supporters march through Oakland, protesting against prison industrial complex profiteers. Photo: itsgoingdown.org Graphic: IWOC Incarcerated workers strike across the United States on September 9th: Report from the prison strike's first month 7 Industrial Worker • Fall 2016 The strike at Holman

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New Study Finds Horses Look to Humans for Help With Problem Solving

JLS is a national organization started by Jailhouse lawyers. Our primary focus is to challenge laws that are dehumanizing to prisoners and educating prisoners about these laws. We are also focused on educating and engaging the public at large about prisoners' human rights violations. We are abolitionist, and believe that the current model of how we deal with those that have fallen short must be dismantled. This can only be done by prisoners speaking out. Prisoners must use their own voice and organizing skills to connect with the world for change. The current project of JLS is the Millions for Prisoners Human Rights March on Washington, to abolish (in part or whole) the #13th amendment. Here's a little about the organizing body for this historic event.

Millions for Prisoners Human Rights

As the momentum of the National Prison strike continues to unfold, so are the next stages of prison resistance. Jailhouse Lawyers Speak, has announced plans to have a mass Demonstration on the Washington DC Mall, August 19, 2017. With the imprisonment numbers being at 2.4 million, and climbing, we believe a million plus of this Nations citizens will participate. We are not even calculating in the citizens with loved ones in county jails, youth halls, or on probation and parole. The numbers are shocking. When viewed as a whole, we see that the Nation has indeed created another class (the prison class); made up of mostly the poor and people of color. It is this prison class and all those connected to them that will shake this country to its foundation.

Since the inception of the lie that slavery was abolished, Amerika year after year has ignored prisoners' complaints of the 13th amendment's punishment exception clause. Instead states and the government monopolized the slave trade, and contracted out humans convicted of crimes to private enterprises. Today, the Prison Industrial Complex is estimated by some to be a trillion dollar industry. The Prison Industrial Complex is so interwoven in the basic functioning of the American economy, that many believe to end free prison labor, or profiting off crime could cause an economic collapse.

It is not our goal to cause an economic collapse, but to shift the economics from the human exploitation of prisoners. We

do this by abolishing/amending the 13th amendment exception clause.

A prisoners "time" is solely based on economics, as corporate lobbyist persuaded lawmakers to push bills to keep prison beds filled. Filled prison beds equal easy pickings for corporations of taxpayers' dollars, and cheap labor where needed. With no incentive through a 13th amendment clause, the course on how the Nation regards those that have fallen short and the releasing of those in the prisons will change completely.

Join us as we move forward into another chapter of prison resistance. Spread the word in your cell block, through your collect phone calls, on visit, letters, have people to be on the Washington Mall. In one voice we can change the Constitution, forcing cell doors open in every state. Let's demand an end to these economic driven prison sentences and pointless parole hearings. It's time to dismantle the Prison Industrial Complex!

-The MPOC (Millions for Prisoners Human Rights Organizing Committee) is the voice of the prisoners outside the walls.

-The MPOC is not an organization, but a Coalition title to recognize a Collective committee function.

-This mission has been in the works for over a year now. Actual work started a few months ago when iamWE Prison Advocacy Network took on the leading organizing efforts outside the wall.

-The Demonstration will be used to expose the 13th worldwide, expose exploiting companies, re educate the people, promote abolition and organize stronger prison resistance outside the prisons to dismantle the Prison Industrial Complex.

-JLS

If you want to become a JLS member or join the movement, write to:

Jailhouse Lawyers Speak

P.O. Box 58201

Raleigh NC 27658



Stacked in a cage behind a wall or inside a fence, how did I get here? It makes little sense. Another child born into abuse, just another soul for the system to use.

Socially disadvantaged, there is not much chance of success. Institutionalized, now my life is a mess!

Each trip to this place steals more and more of my soul. My identity lost I live in a dark empty hole.

Loved ones lost, no lover, no home. They all claimed they loved you but now I'm left all alone. That's such a nightmare you say, surely that all can't be true. But, believe me there is no doubt, you're now just a dollar sign they won't let you out.

This is all so ridiculous you tell me confused, surely this all can't be real!

Just make sure it's not your whole your life the system next steals!

This poem is titled: Lost Souls, by Anthony Heidenreich and was written in Solitary confinement

